

## **FIT Newsflash 12/11**

[www.fitact.org.au](http://www.fitact.org.au)

7 April

## **FEMALES IN TRAINING**

GPO Box 502

CANBERRA ACT 2601

**Want to put an item in the newsflash?** Write and spell check your item and send it in the body of an email to the Editor at [fit\\_canberra@yahoo.com](mailto:fit_canberra@yahoo.com) Short items, less than 100 words, are preferred. If your item is more than 100 words, attach the item as a word document to your email. Items should be submitted by Saturday for placement in the following week's flash. Items run for 4 weeks unless advised otherwise. The Editor reserves the right to edit for typographical errors and clarity.

**FIT website** [www.fitact.org.au](http://www.fitact.org.au) for all the latest FIT news, training reminders, photos and updates about upcoming activities.

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### **FIT Email Contacts:**

[Fit\\_canberra@yahoo.com](mailto:fit_canberra@yahoo.com) - items for the newsflash or to update your membership details

[enquiries@fit.org.au](mailto:enquiries@fit.org.au) - for all general enquiries regarding Females in Training

[web@fitact.org.au](mailto:web@fitact.org.au) - items for the website or feedback

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## **Wanted**

Newsflash editor and Saturday run coordinator for 3 weeks in April/May. Please reply to this email if you can help out.

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## **President's Report**

Good luck to all our FIT girls in this coming weekend's half marathon, those travelling to Sydney for the ITU triathlon and to Lorraine Stevens who left on Tuesday for the London marathon. How exciting!!

To all the novices doing the half (and others) – follow your coaches' advice with good recovery after the race. Ever asked yourself why elite athletes are so good? Beside the fact they usually have a God given talent, they recover after events and heavy training.

Well done to the FIT girls flying the flag at last weekend's Women's and Girl's 5km Fun Run.

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## **FIT Matters**

### **Canberra Running Festival 9-10 April**

Saturday 9 April – 5km run, 3pm start; 10km run, 4pm start and on Sunday 10 April – Half Marathon and Marathon – 7am start. A celebration dinner for the FIT half marathon training group will be held at Deakin Thai Cuisine - Duff Place, Deakin at 6.30pm on Sunday 10 April, behind the Deakin shops. Ph 6260 3100. Price \$37/head including corkage for BYO. Please contact Di Evans on 0427 228 550 if you haven't already done so, by Thursday 7 April if you would like to attend.

### **National Championships Triathlon Series: Sydney this weekend**

Good luck to **Rae Wells, Linda Meyer** and any other FIT members who are competing in Sydney this weekend in the last race of the National Championships Series - the Australian Olympic Distance Championships

### **Around the Bay in a Day**

Di Evans has registered a FIT team for Around the Bay in a Day - FIT Find Thirty. Riders can go direct to [http://www.atb2011.com.au/atb/my\\_registration](http://www.atb2011.com.au/atb/my_registration) for the 210 km ride, crossing

to Sorrento on the ferry. Those wishing to do 100km will also find details there to register. Please note this may not mean we can all ride together as people will have various speeds, but it should make it easier to register. Di Evans is the team manager and everyone just goes on to register and pay themselves.

### **Mother's Day Classic Sunday 8 May**

The Canberra event involves a 5km and 10km walk and run around Commonwealth Park. Register on [www.mothersdayclassic.com.au](http://www.mothersdayclassic.com.au). We will have the FIT tent there for you to leave your gear in.

### **Canberra Tour Australian Road Cycling Event 29th April to 1 May 2011**

The race is being staged again at the world class Stromlo Forest Park in Canberra. The Canberra Tour has been recognized as one of the most challenging events on the Australian Road Race Calendar. Details including online entries, expected to open later this week, can be found here: <http://canberratour.org.au/>

### **Water running – next Monday 11 April**

The day after the half marathon will be a pool recovery session for the half marathon participants at Civic pool at 6.30am. We will resume normal water running sessions on Monday 18 April. To fall in line with the other FIT swim session, we ask you to bring along \$4 which will contribute to the cost of the lane hire. Look for the FIT A-frame display panel as your point of reference.

### **FIT Team for MS Australia's 24 hour MegaSwim: weekend 4-5 June 2011**

The Canberra 24 hour Mega Swim AIS Swimming Pool is a fun team event raising money for MS Australia's Go For Gold Scholarships. Last year FIT entered a team of 23 keen swimmers who together swam a total of 55km over 24 hours and raised \$8,781. We'd like to do it all again this year, as it was good fun for a good cause - so let us know if you would like to join in.

Each team must have one swimmer in the water for the entire 24 hour period, but it is up to the team to decide how they want to do it - there is no set formula. You might only swim for 15 minutes or you may want to swim for 4 hours! Come along and challenge yourself - novices and experienced swimmers are all welcome.

To join the team, just follow these steps:

1. Register yourself individually but as part of the Females in Training team at <http://events.megaswim.com/?FIT+Females+in+Training> (click on 'join our team' on the right hand side). Individual entry: \$30 before 9 April or \$35 after 9 April.
2. Email Julia Mansour [juliamansour@grapevine.com.au](mailto:juliamansour@grapevine.com.au) to let her know you have registered, and indicate how long you think you would like to swim for. We will work out a roster when we know the final numbers of people in the team.
3. If you wish, start fundraising for MS Australia by using your personal page created on the Mega Swim site (ask people to click on 'donate now' on the right hand side).
4. Come along to FIT Wednesday night swim sessions at CISAC pool in Belconnen where coaches will have a program to build your endurance over the next two months leading up to the event.

### **Find Thirty FIT – Come and Try Indoor Rock Climbing 10 May**

Expressions of interest to **Di Evans** on 0427 228 550 or email [evansdi@grapevine.com.au](mailto:evansdi@grapevine.com.au). Women's night on Tuesday after 5pm - \$20 which includes harness, shoes and chalk bag as well as Di's catering snacks for energy – Guest Rock Climber – Jean Chesson!

### **Team partner wanted for the Sydney Triathlon (1.5/40/10) on Sunday 10 April**

There are still places available for this triathlon for individual as well as team relay. The swim will be in Sydney Farm Cove along side Sydney Opera House, cycle over the Sydney Harbour Bridge and the run around Royal Botanic Gardens and Hyde Park. FIT member **Lindy Hou** is seeking another FIT member to do this race in a team with her. Lindy is seeking someone to do the swim, cycle (either on a tandem with Lindy or on a single bike by herself). Lindy can do the run with a guide. Please give Lindy a call on 6156 2964 or 0402 113 836 if you are interested. FIT-Ability is also looking for more female pilots to ride with vision impaired riders. Please contact Lindy if you are interested in giving it a try. Further details on the Sydney triathlon can be found at:

[sydney.triathlon.org/news/article/spectacular\\_sydney\\_course\\_offers\\_sydney\\_treat/](http://sydney.triathlon.org/news/article/spectacular_sydney_course_offers_sydney_treat/)

### **FIT Facebook**

If you like social media, then "like" us on Facebook. The FIT Facebook page is an easy way for you to catch up and members can upload pictures and comments, even video. A Facebook page is only as lively as its members so get socialising. [www.facebook.com/pages/Females-in-Training-Canberra-Australia/233823364373](http://www.facebook.com/pages/Females-in-Training-Canberra-Australia/233823364373)

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## **Results: Cycling, triathlons, aquathlons and ocean swims**

*Editor's note: Got a result to celebrate and share? Please contact the Editor*

### **Australian Masters Track Championships Results:**

#### **Emma Wensing** (Masters 1)

500m Time Trial – Bronze

2km Pursuit – Silver

Scratch Race – Silver

#### **Sue Powell** (Masters 3)

500m Time Trial – Silver

2km Pursuit – Bronze

Sprint – Silver

5km Scratch Race – Bronze

#### **Kerrie Knowler** (Masters 3)

2km Pursuit – Silver

5km Scratch Race – Silver

**Team Sprint** (500m) – a non-championship event but there were 11 women's teams! (many more than the men)

Sue and Kerrie – 3rd

Emma and Cheryl Woods – 5th

### **FIT member success at Dragon Boat racing**

Congratulations to **Andreea Ardeleanu** who began exercising through the FIT Find Thirty program part way through last year. Andreea learnt to ride with her goal being to participate in the Tour de Femme. During this time she joined the come and try dragon boating that Lyn Grigg organised and has continued both these activities. She has since joined FIT and last

weekend her team the Phoenix Diamonds came 3rd in the National Dragon Boat Championships held here in Canberra in the 500mtr 10 Masters section. What a wonderful success story Andreea. We are very proud of you.

### **Batemans Bay Sprint distance Triathlon 3 April**

Congratulations to the FIT members who participated in the Batemans Bay

Sprint distance: **Verity Alexander** and **Polly Templeton** in the 40-49 years age group and **Krissa O'Neil**, **Julianne Quaine** and **Sandy Waters** in the 50-59 years. Thanks to supporters as well **Jane Smith**, **Ray Palmer** and **Maryann Simpson**. Congratulations to **Emma Viotto**, FIT triathlon training program graduate who was first of the age groupers across the line.

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## **Other events and matters of interest**

### **The YMCA of Canberra Runners Club events**

- 42nd Rex Foulkes Half Marathon on Sunday 22 May

For more information, see the club website at <http://www.canberrarunner.com.au>.

### **The Australian Running Festival, April 9-10, including the Canberra Times Canberra Marathon**

The YMCA of Canberra Runners Club is supporting Fairfax Events' conduct of the Australian Running Festival (ARF), including the Canberra Times Canberra Marathon. Please find information regarding the event below, or at [runningfestival.com.au/](http://runningfestival.com.au/)

### **Canberra Mother's Day Classic 8 May**

The Canberra event involves a 5km and 10km walk and run around Commonwealth Park. [Register here](#) for the walk or run.

### **Noosa Winter Festival 21-22 May**

Entries are now open.

[www.usmevents.com.au/Triathlon\\_Multi\\_Sport/Noosa\\_Winter\\_Festival.htm](http://www.usmevents.com.au/Triathlon_Multi_Sport/Noosa_Winter_Festival.htm)

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## **Training weather and daylight hours**

Bureau of Metrology [www.bom.gov.au/act/forecasts/canberra.shtml](http://www.bom.gov.au/act/forecasts/canberra.shtml)

Forecasts available at the time of sending the newsflash:

Friday 8 April 8-22 mostly sunny

Saturday 9 April 8-24 mostly sunny

Sunday 10 April 10-20 a few showers

Monday 11 April 6-17 a few showers

Tuesday 12 April 6-18 shower or two

Wednesday 13 April 8-19 mostly sunny

**Sunrise 0621 Sunset 1749 (Fri 8 April)**

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## **FIT Coaching/training:**

See [www.fitact.org.au](http://www.fitact.org.au) for further details.

## Running

- Tuesday 6.30am Lennox Gardens for runners of all abilities. Coached session.
- Thursday 6.30am Yarralumla Bay 6.6km loop run. Non-coached session.
- New run – Thursday 6.30am car park at the top of Philip Ave, Hackett.

## Saturday morning run

### Run Saturday 9 April:

**Breakfast:** Debacle, Lonsdale St Braddon.

**7.30am meeting point:** Back of the War Memorial

**Description: Map of run:** [www.walkjogrun.net/routes/current\\_route.cfm?rid=E0CFB714-05BB-586C-48748E483B11F22B](http://www.walkjogrun.net/routes/current_route.cfm?rid=E0CFB714-05BB-586C-48748E483B11F22B) (11km)

## Swimming

6.50pm for 7pm on Wednesdays at Canberra International Sports and Aquatic Centre, Belconnen.

## Cycling

**7.30am Sunday** – from Debacle

**6am Wednesday** – fast, non-coached session. Good bunch riding skills required.

**6am Friday** – fast, non-coached session. Good bunch riding skills required.

**6.15am Friday** – a non-coached session for those aiming to do 6am at some stage...

**6.30am Friday** – coached session for new riders and those new to bunch or road riding.

All Wed and Friday rides leave from Queen Victoria Terrace car park **promptly on time** and are all followed by breakfast at 7.30am at Minter Ellison, Sydney Avenue, Barton.

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## Other Notices

### For sale

Rollers: For those tight muscles, grumbling calf, Achilles, ITBs: you need a roller. Retail price \$58.50 but available to FIT members for \$48. Please contact Jane Grey at 62971005 or [janelgrey@hotmail.com](mailto:janelgrey@hotmail.com) if you would like one. *Week 1*

### Found

Robyn Lewis picked up a side saddle on Wednesday morning on State Circle and wondered if it belonged to one of our members - no ID but has a lipstick? There are certainly a few lipstick wearing cyclist members of FIT! If it is yours please contact: Robyn Lewis on 02 62659383 or email: [robyn.lewis@defence.gov.au](mailto:robyn.lewis@defence.gov.au). *Week 2*

### Repeat Notices

*Items submitted by FIT members will run for 4 weeks, but may be resubmitted. Please notify editor if you sell the item within the 4 weeks.*

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## Fit Member Discounts